

EDUCATIONAL

IN CHARGE OF
ISABEL HAMPTON ROBB

HOSPITAL ECONOMICS

(Concluded)

IN the October number of the JOURNAL, the prospectus of the Course in Hospital Economics * appeared, together with the syllabus of the special lectures on Hospital Economics.

The following syllabus of the elective courses in the department of Domestic Science will give an idea of the ground covered by the students in whichever courses in Domestic Science they may select.

DOMESTIC SCIENCE.

I.—FOODS

This course gives theory and practice in cooking, and aids the student in arranging subject-matter for teaching. Especial attention is given to scientific methods of laboratory work, and to the adaptation of such methods to the school kitchen.

OUTLINE OF TOPICS.

- I. Food materials: 1. Composition. 2. Classification.
- II. Relation of food to the body: 1. Digestion. 2. Assimilation.
- III. Preparation of food: 1. Heat in cooking. (1) Production: *a*, fuels; *b*, cooking apparatus.
- IV. 2. Application: (I.) Cooking processes. *A*, experiments to determine temperature; *B*, utensils. (II.) Food combinations: 1. Materials: (1) Non-nitrogenous—*a*, starchy substances; *b*, cereals; *c*, fruits; *d*, vegetables, starchy and green; *e*, bread stuffs; *f*, sugar; *g*, fats. (2) Nitrogenous—*a*, gelatine; *b*, milk; *c*, eggs; *d*, shell-fish; *e*, fish; *f*, poultry; *g*, meat, *h*, beans, peas, and lentils. (3) Miscellaneous—*a*, salads; *b*, desserts; *c*, fancy dishes; *d*, beverages. 2. Treatment: (1) Proportion. (2) Methods of mixing. (3) Application of heat. (4) Food adjuncts.

* Teachers' College, Columbia University, New York.

II.—FOOD PRODUCTION AND MANUFACTURE.

Production of food materials, such as dairy products; manufacture of flours, cereals, spices, etc.; food adulterations; marketing, etc. Lectures, laboratory work, reading, excursions.

III.—FOODS, ADVANCED COURSE.

Advanced cookery; preservation of foods; cookery for invalids; food values and dietaries; cooking, planning, and serving meals.

OUTLINE OF TOPICS.

- I. Preservation of food.
- II. Fancy dishes: 1. Pastry. 2. Desserts. 3. Entrées.
- III. Meals and dietaries.
- IV. Cookery for invalids and children.

In Domestic Science I., II., and III. the work is constantly considered from the teacher's point of view, so that the courses really give training in:

IV.—HOME SANITATION AND MANAGEMENT.

This course is of particular value in relation to private duty.

General Outline of Course.

- I. The House: 1. Situation. 2. Structure. 3. Equipment. 4. Cleansing.
- II. Economics and Management: 1. Systematic arrangement of housework. 2. Laundry. 3. Expense and accounts. 4. Domestic service. 5. Home nursing.

PARTIAL OUTLINE OF SPECIAL TOPICS.

Structure of the House. City, Country, and Suburban.

- 1. Above ground: (1) Admission of sun—*a*, how should the house face? *b*, shade of trees and buildings. (2) Protection from prevailing winds.
- 2. The soil: 1. Character of soil. 2. Slope. 3. Sub-strata.

Structure.—First Lesson.

- I. Foundation: (1) Drainage of soil—*a*, from underground damp; *b*, from local rain. (2) Structure of floor and wall—*a*, what material; *b*, how laid. (3) Inner finish—floor; wall; ceiling. (4) Ventilation. (5) Lighting.

Superstructure.—Second Lesson.

- I. Plan: (1) Special considerations. 1. Single room. (1) Proportions—*a*, width and length; *b*, height. (2) Wall space. A. Win-

dows—*a*, position; *b*, size. B. Doors—*a*, position; *b*, size. C. Fire-place. 2. Relation of rooms to each other. (1) Convenient passage. (2) Economy of space. A. Chimneys. B. Entry or hall. C. Stairways. D. Closet-room.

II. Application of special consideration: 1. Single house. (1) Ground floor. (2) Upper floor. 2. Double house. (1) Basement. (2) First floor. (3) Second floor.

References for Reading, Teachers' College Library.

Convenient Houses. Louis H. Gibson.
Cottage Building. C. Bruce Allen.
The Story of a House. G. M. Towle.
Public Health.
Dwelling Houses. W. H. Corfield.
Sanitary House Inspection. Gerhard.
Pamphlets in Cooking Laboratory.

Superstructure.

II. Construction: (I.) Framework. 1. Walls. (1) Material—*a*, wood; *b*, stone; *c*, brick. (2) Construction—*a*, for strength; *b*, for warmth; *c*, for dryness. 2. Roof. (1) Material. (2) Construction. 3. Floors. (1) Material. (2) Construction.

(II.) Inner finish. 1. Special considerations. (1) Cleanliness. (2) Durability. (3) Artistic effect. 2. Application of these considerations. (1) Walls. (2) Ceilings. (3) Floors. (4) Woodwork.

Means for Disposing of Waste.

I. How does nature dispose of waste?

II. Household methods:

(I.) Water and body waste. 1. In the isolated house. (1) Utilization of water for irrigating purposes. (2) The out-house or earth closet. 2. Town house unconnected with sewer. (1) (For system in house, see next topic). (2) The cess-pool. 3. Town house with water carriage. (1) Requirements of a good system of plumbing. (2) Piping. A. What are soil, waste, and house-drain pipes? B. Of what materials, how jointed, in what position, have exposed, trapped, and ventilated. C. Fixtures—*a*, basins; *b*, closets. D. Tests for poor plumbing. (II.) Table Waste. 1. Food for animals. 2. Use as a fertilizer. 3. Cremation. (III.) Miscellaneous waste, as papers, leather, old metal, etc.

III. Municipal Methods:

(I.) Carriage into river or sea. (II.) Utilization of material for fertilization. (III.) Cremation of table refuse.

References, Teachers' College Library.

Public Health. American Publishing Health Association.
The Town Dweller. Fothergill.
Public Health Problems. Sykes.
Handbook of Sanitary Information. Tracy.
House Drainage. Gerhard.
Disposal of Household Waste. Van Nostrand Lewis.
Sanitary House Inspection. Gerhard.
Plumbing. S. S. Hellyer.
American Plumbing. Revill.
How to Drain a House. Waring.
Women, Plumbers, and Doctors. Plunkett.

This will close the subject of Hospital Economics until the spring, when a full announcement of the plans for 1901 will be given early enough for any desiring to take the course to make application and to be accepted before the summer holidays begin.

"In honour preferring one another."—Rom. xii.

"WHO is it that, when years are gone by, we remember with the purest gratitude and pleasure? Not the learned or clever, or the rich, or the powerful, that we may have known in our passage through life; but those who have had the force of character to prefer the future to the present, the good of others to their own pleasure. These it is who leave a mark in the world, more really lasting than pyramid or temple, because it is a mark that outlasts this life, and will be found in the life to come."

DUTY's whole lesson thou hast learnt at last,
Which in Self-Sacrifice begins and ends.
By the rejection of thyself thou hast
Regained the Infinite, Whose Life transcends
All personality!

—*Lytton.*